Grand Master Choa Kok Sui was a chemical engineer, successful businessman, philanthropist and internationally renowned author, teacher and founder of Pranic Healing. He led the Institute for Inner Studies, Inc. and the World Pranic Healing Foundation in Manila. Of Chinese descent, he grew up in the Philippines and offered his life to research and explain the science underlying the world’s healing techniques and religious/spiritual philosophies. He taught and published his findings around the globe to give people practical, easy to learn techniques to improve their physical, emotional, mental and spiritual health and to raise global consciousness.

His books:
Miracles through Pranic Healing
Advanced Pranic Healing
Pranic Psychotherapy
The Ancient art of Pranic Crystal Healing
Psychic Self Defense
Achieving Oneness with the Higher Soul
Universal & Kabbalistic Meditation on the Lord’s Prayer
The Essence of Man
Superbrain Yoga, and others.

Master Cristina ‘Nona’ Castro is a personal student of Grand Master Choa Kok Sui and head of Pranic Healing in Canada and South/ Central America. She has been a teacher most of her life and she approaches her work with reverence, dedication to purity, clarity, efficiency, and fun. Master Nona teaches higher level courses across Canada.

Ontario Centre for Pranic Healing

In our affiliated centres
We offer:
- Pranic Healing Courses
- Regular Meditation and Clinic
- Individual Sessions with Certified Practitioners
- Introductory Lectures and Demonstrations
- Support Groups for Practitioners
- Pranic Healing Books and CDs
- Internship & Certification Programs

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“There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.”
- Shakespeare
Pranic Healing is a Sanskrit word for the vital energy or life force that drives all living structures.

Physical, emotional and mental disorders and diseases are reflected as imbalances in the energy field of the body. Pranic Healing corrects these imbalances reinstating health by enhancing and accelerating the natural healing process. It is a completely no-touch technique administered with the client fully clothed.

You can receive a Pranic Healing™ session from a certified Pranic Healer or you can learn it to help yourself, your family and to improve your health, your life and profession.

Pranic Healing is effectively used:
- for chronic and acute physical and psychological disorders and diseases
- for pain management
- to improve relationships and heal the past
- to materialize goals
- to increase prosperity and professional success
- to develop spiritually

The 3 basic techniques of Pranic Healing are:
- scanning for diseased energy
- removing and disintegrating those energies
- replenishing with clean and healthy prana

Pranic Healing synthesizes the principles of energy healing from around the world and has become the most advanced and complete method of vibrational healing. Grand Master Choa Kok Sui, a chemical engineer, author and spiritual master, researched, modernized and methodically put together the techniques and concepts. They are documented in his books, published in over 20 languages and taught in standardized courses, which stand apart in their precision, clarity and simplicity. Pranic Healing is taught in all continents to people from all walks of life as well as to other health professionals to supplement their work.

With the advent of computerized equipments sensitive to energetic emanations continuous research and studies are being done on the effects of Pranic Healing (see experiments by Dr. Emoto; Dr. Joie Jones). Worldwide Pranic Healing centres work under the Institute of Inner Studies Inc. - our mother organization.

I had leg pains for three years intermittently. Once the pain was so bad that I could hardly walk from the car to the clinic entrance. After one Pranic Healing treatment there was a marked improvement, but after three treatments the pain was gone completely. - R.B., Mississauga, ON

Pranic Healing helps clear negative energy around the body which can make us sick. Antjie Halm is an example of this unique healing method. After a few sessions she opened the door to my inner core and brought an awareness into my consciousness through the release of old traumas and patterns that had been illusive and had unbeneficial effects on my life and health. I feel free and for. Barbara Grund, Doctor of Natural Medicine.

I’ve experimented with a few different styles of meditation over the past several years, but none have had such an immediate and profound effect on me as Master Choa Kok Sui’s Meditation on Twin Hearts. From the very first experience I was able to feel my heart and crown chakras activate and allow the energy to flow to where it was needed. It is such an efficient and effective way to bring more peace, harmony and clarity into my life on a daily basis. I’ve been practicing this meditation up to five times per week since January of 2012, and have seen many improvements in my mental health, my family life, my business and my community. It is such a gift to be able to share these tremendous amounts of healing energy with my family, friends, clients and the earth. Meditation on Twin Hearts has become a staple of my personal health maintenance program, and my service to mother earth and humanity. I continue to invite family and friends to join me whenever possible. – Nancy Dougherty, St. Catharines

Pranic Healing is respectful of all religions & philosophies.

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